PLANTPURE COMMUNITIES

TIPS FOR DESIGNING A MEAL

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- Review the menu for entrées and side dishes to identify those from which animal-based meat, cheese, dairy, and eggs might easily be removed.
- Items to look for: baked potato or sweet potato, brown rice, steamed vegetables, salads, veg soups, and plant-based protein options, such as tofu, tempeh, or seitan.
- Create a meal out of appetizers and side dishes.
- Ask for sauces to add flavor: balsamic vinegar, tahini, lemon and lime juice, miso, soy sauce (low sodium) and marinara (check that marinara is made without cheese).